

HERBS

*Eat 5 or more servings of
Fruits and Vegetables every day!*

Farmers Market Season

June through September



Parsley

Buying Tips

Look for herbs that are not brown, bruised or have limp leaves. Don't buy herbs that are flowering.

Storage

Most herbs are most flavorful when used fresh. Rinse herbs before using or storing. Refrigerate in a sealed plastic bag. Certain herbs can be dried or frozen.

Drying

Drying works well for basil, dill, mint, oregano, parsley, rosemary, sage, and thyme. Dry in small bunches in a warm, airy place away from sunlight.

When the leaves are dry and brittle, they should be stripped from their stems and stored in airtight containers away from sunlight. Use within one year for best flavor.

Freezing

Freezing works well with chives, cilantro, dill and parsley. Chop the fresh herbs, measure them (using a teaspoon, for example), and freeze them in a little water. Ice cube trays work well.

Chopped parsley can be frozen directly in a bag and be ready for use later.

Key Nutrients

Most varieties of herbs contain Vitamins A and C, calcium and potassium.



Dill



Basil



Mint

Cooking with Herbs

Hint:

*1 tablespoon fresh = 1 teaspoon dry / frozen
Adjust your recipes when using fresh herbs.*

| | |
|------------------------|--|
| <i>Basil</i> | Goes well in cooked or fresh tomato dishes. Also, use in poultry, meat, pasta, rice and egg dishes. |
| <i>Cilantro</i> | Good in salsa, with vegetables, or in bean, noodle and rice dishes. |
| <i>Dill</i> | Often used with fish. Use in potato dishes, soup and salads. |
| <i>Marjoram</i> | Especially good with meat. Use in stews, dressings, stuffing and soup. |
| <i>Mint</i> | Add to leafy green salads, cucumbers, and bean dishes. |
| <i>Oregano</i> | Use in pasta sauce, pizza, beans, cheese and egg dishes. |
| <i>Parsley</i> | Add to potatoes, noodles, any vegetable or rice dish. Add near the end of cooking. |
| <i>Sage</i> | Good in egg and cheese dishes. Use in stuffing, soups and stews. |
| <i>Thyme</i> | Try it in stews, chowders, lentil or split pea soup, stuffing and chicken or fish dishes. Good in pasta sauce or casseroles. |